"The thought of diagnosing a child with autism can be daunting to physicians. This book - filled with clever illustrations and easy explanations - is a great tool for physicians and other care givers trying to deal with this issue. Thank you to the Help Autism Now Society and Autism Canada for putting together a very helpful resource that can easily be used by anyone involved in the early detection of autism."

Dr. Wendy Edwards
Pediatrician
Chatham, ON

"I have gone through the Autism Physician Handbook materials and found the information presented to be a truly excellent and a very creative visual resource for physicians, educators and other caregivers working with young children."

Dr. Suzanne Lewis
Clinical Professor
University of British Columbia

"With the generous help and tireless work of the Help Autism Now Society, Autism Canada has been able to bring this important resource north of the border. Complete with an extensive list of Canadian and international resources, the handbook will certainly allow thousands of families to get the help they need."

Laurie Mawlam
Executive Director
Autism Canada Foundation



Autism Physician Handbook

Canadian Edition

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Table of Contents

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Acknowledgements

We would like to thank the Help Autism Now Society for all the hard work they have put into this handbook and for so graciously allowing us to modify it to suit the needs of Canadians. It is an excellent resource to have, and the ability to add our distinctly Canadian content will only serve to make it more accessible and to help a far greater number of families.

Autism Canada Foundation's Message



Autism Canada is committed to finding the answers for all Canadians affected by Autism Spectrum Disorders (ASD). We consider ourselves to be among the leaders of the growing community of dedicated families, professionals and caregivers who share this common goal.

At Autism Canada, we:

- Support Canadians by providing biomedical and behavioural treatment information to help those affected by autism;
- Expand health care professionals' knowledge and awareness of autism as a treatable illness affecting the whole body;
- Work to influence policy within governments to provide public health initiatives and policy change;
- Enable research into the causes and treatments for autism.

We support a "multi-disciplinary", holistic approach to treating individuals with ASD, combining biomedical, nutritional and behavioural treatments. We encourage all parents to seek treatment options in all modalities, to seek the support of other families with children with ASD, and to partner with informed Health Care Professionals to provide the best care for their child.

Founded in 2002 by a group of parents, Autism Canada Foundation is a registered Canadian charitable organization dedicated to providing support and guidance to parents and caregivers of individuals with ASD. We have a dedicated, passionate board of directors who come from a wide variety of professional backgrounds, and the majority of them have experience caring for children with autism.

We believe there is hope for the tens of thousands of Canadian families impacted by autism. The search for a cause and cure continues to make great strides. At Autism Canada, we feel a responsibility to support meaningful research while helping parents, physicians and other caregivers make informed choices.

Of course, our organization could not possibly continue to provide support were it not for generosity of our dedicated donors and volunteers. Please visit us at www.autismcanada.org to learn how you can donate or volunteer to help us continue -

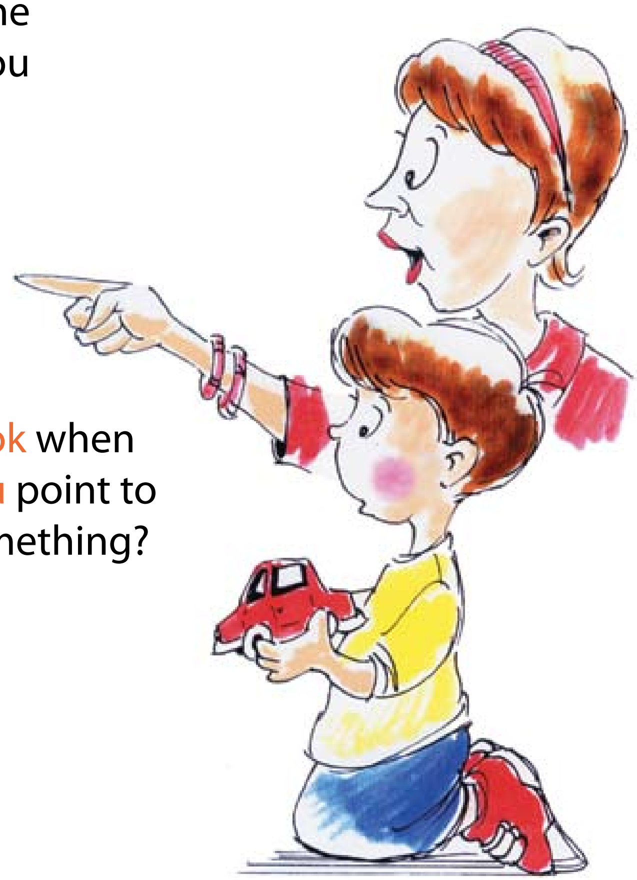
Changing Minds, Changing Lives.
Changing the Course of Autism.

Autism Canada Foundation
www.autismcanada.org
P.O. Box 366, Bothwell, Ontario N0P1C0
info@autismcanada.org
Registered Charitable Organization 86587 8466 RR0001

At 18 months of age Does your child ...



1. Look at you and point when he/she wants to show you something?



2. Look when you point to something?



3. Use imagination to pretend play?

If the answer is NO, your child may be at risk for AUTISM. Please alert your physician today.

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Based on CHAT (CHecklist for Autism in Toddlers)

CHAT (Checklist for Autism in Toddlers)

Section A: To be completed by parent

1. Does your child enjoy being swung, bounced on your knee, etc? Yes No
2. Does your child take an interest in other children? Yes No
3. Does your child like climbing on things, such as up stairs? Yes No
4. Does your child enjoy playing peek-a-boo/hide-and-seek? Yes No
5. Does your child ever PRETEND, for example, to make a cup of tea using a toy cup and teapot, or pretend other things? Yes No
6. Does your child ever use his/her index finger to point, to ASK for something? Yes No
7. Does your child ever use his/her index finger to point, to indicate INTEREST in something? Yes No
8. Can your child play properly with small toys (e.g. cars or bricks) without just mouthing, fiddling or dropping them? Yes No
9. Does your child ever bring objects over to you (parent) to SHOW you something? Yes No

Section B: Physician or healthcare provider

1. During the appointment, has the child made eye contact with you? Yes No
2. Get child's attention, then point across the room at an interesting object and say 'Oh look! There's a (name of toy)!' Watch child's face. Does the child look across to see what you are pointing at? Yes No
3. Get the child's attention, then give child a miniature toy cup and teapot and say 'Can you make me a cup of tea?' Does the child pretend to pour out tea, drink it, etc.? Yes No
4. Say to the child 'Where's the light?', or 'Show me the light'. Does the child POINT with his/her index finger at the light? Yes No
5. Can the child build a tower of bricks? (If so, how many__________) Yes No

B2: To record Yes on this item, ensure the child has not simply looked at your hand, but has actually looked at the object you are pointing at.

B3: If you can elicit an example of pretending in some other game, score a Yes on this item.

B4: Repeat this with 'Where's the teddy?' or some other unreachable object, if child does not understand the word light. To record Yes on this item, the child must have looked up at your face around the time of pointing.

(See next page for scoring recommendations)

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CHAT (Checklist for Autism in Toddlers)

CHAT key items	Section A	
		A5: Pretend play
		A7: Protodeclarative pointing
	Section B	
		B2: Following a point
		B3: Pretending
		B4: Producing a point
CHAT non-key items	Section A	
		A1: Rough and tumble play
		A2: Social interest
		A3: Motor development
		A4: Social play
		A6: Protoimperative pointing
		A8: Functional play
		A9: Showing
	Section B	
		B1: Eye contact
		B5: Tower of bricks

Risk Assignment

High risk for autism group	Fail (NO answer) A5, A7, B2, B3, B4
Medium risk for autism group	Fail A7, B4 (but not in high risk group)
Low risk for autism group	Not in other two risk groups

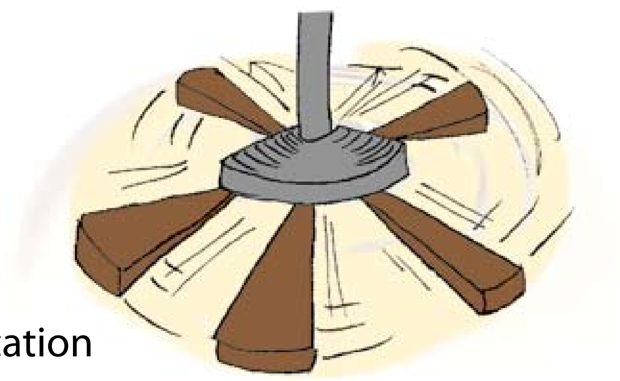
Management recommendations:

High risk group:	Refer to developmental clinic as well as ESD (Educational Services Department).
Medium risk group:	High suspicion – refer as above Low suspicion – Re-test in one month
Low risk group:	If there are any NO answers, re-test in one month.

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Behavioral Symptoms of Autism

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Social

Communication

Bizarre / Repetitive Behaviours

Motor

Sensory Overload

Sensory

Self Injurious

Safety



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Behavioural Symptoms of Autism

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SOCIAL ISSUES

May show no interest in other children playing





May be vicious with siblings

May sit alone in crib screaming instead of calling out for mother





May not notice when parent leaves or returns from work

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SOCIAL ISSUES

May show no interest in Peek-a-Boo or other interactive games





May strongly resist being held, hugged or kissed by parents





May not raise arms to be picked up from crib when someone reaches out to pick him up

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Behavioural Symptoms of Autism



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COMMUNICATION ISSUES

Children with autism are often unaware of their environment and may have difficulty with eye-contact. As a result they may seem uninterested in communication of any kind.

When they do need something they often resort to "Hand-Leading". The child places the parent's hand on the object he desires, so using the parent or adult as a TOOL to get what they want. Typical children communicate their needs by verbalizing, or non-verbal methods such as pointing.



Unaware of environment

Avoids eye-contact



Hand-Leading



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BIZARRE / REPETITIVE BEHAVIOURS



Flapping



Staring at ceiling fan



Spinning

Lining up toy cars



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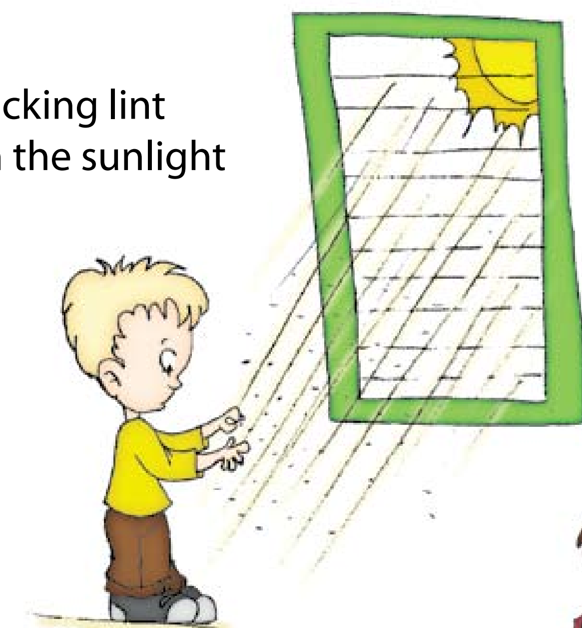
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BIZARRE / REPETITIVE BEHAVIOURS



May show no interest in toys but get attached to objects like a space-heater

Picking lint in the sunlight





May not play appropriately with toys and instead focuses only on one aspect, like spinning the wheels of a toy car

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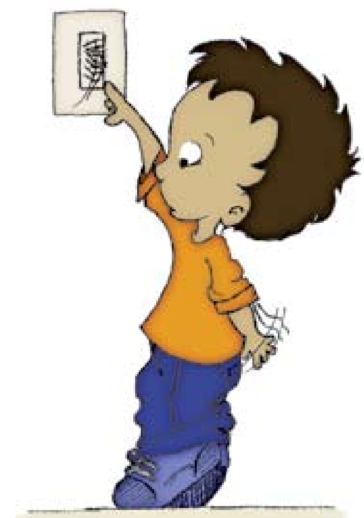
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BIZARRE / REPETITIVE BEHAVIOURS



Rocking



Obsessively switching light on and off



Eats unusual objects like clothes, mattress or drapes



Flicks fingers in front of eyes

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BIZARRE / REPETITIVE BEHAVIOURS

Finds ways to get deep-pressure applied to body



Smearing feces



Finds ways to get heavy impacts to body



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MOTOR ISSUES

Children with autism can exhibit motor abnormalities. Some may have exceptional motor skills in one area yet could be impaired in others.



Fine Motor Deficits



Poor coordination



Toe-walking



Depth Perception Deficit

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MOTOR ISSUES

Even children who exhibit typical motor skills, may have difficulty with activities like tricycles, ride-on trucks, etc.



Exceptional Balance

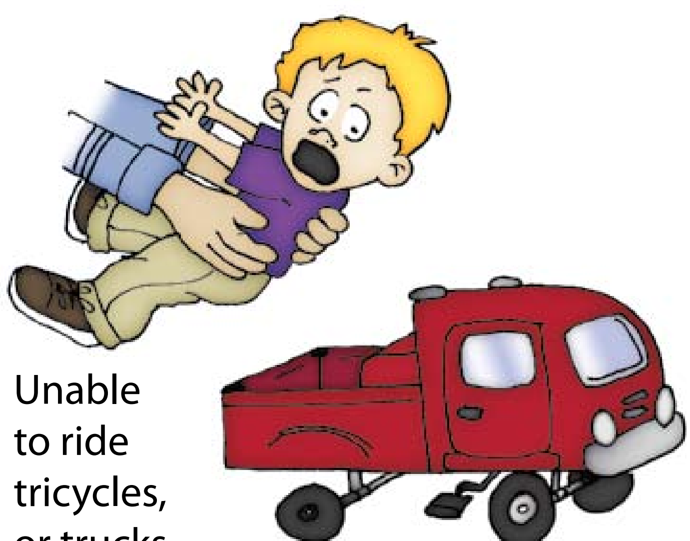
OR



Clumsy



Drooling



Unable to ride tricycles, or trucks

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SENSORY OVERLOAD



A child with autism may have extreme difficulty tolerating music, noise, textures and new experiences or environments. The greater number of sensory exposures, the more likely a behavioural melt-down will occur.

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SENSORY ISSUES

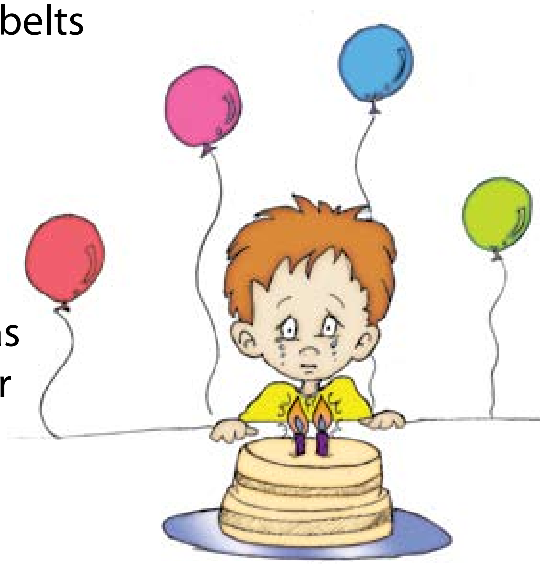
Extreme difficulty with haircuts





Unable to tolerate seat belts

May not like new experiences such as birthday candles or balloons





May be almost impossible to bathe

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SENSORY ISSUES

Gags at common household smells





May have difficulty tolerating music

Spinning objects close to face





May appear deaf, not startle at loud noises but at other times hearing seems normal

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SENSORY ISSUES



May have difficulty
wearing outdoor clothing in winter

Resists having clothing changed





May rip at own clothes, labels and seams

During summer may insist on wearing winter clothing



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Behavioural Symptoms of Autism

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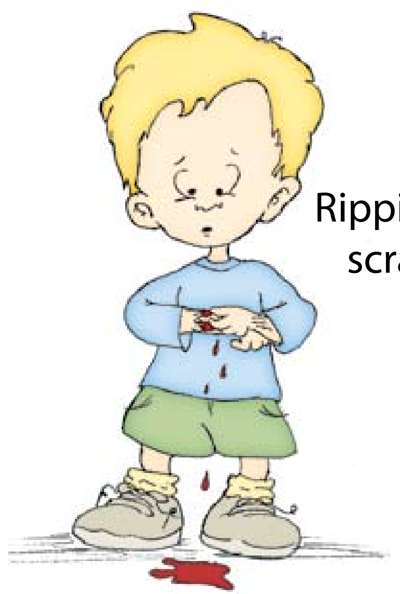
SELF INJURIOUS BEHAVIORS



Head-banging



Self-biting with no apparent pain



Ripping and scratching at skin



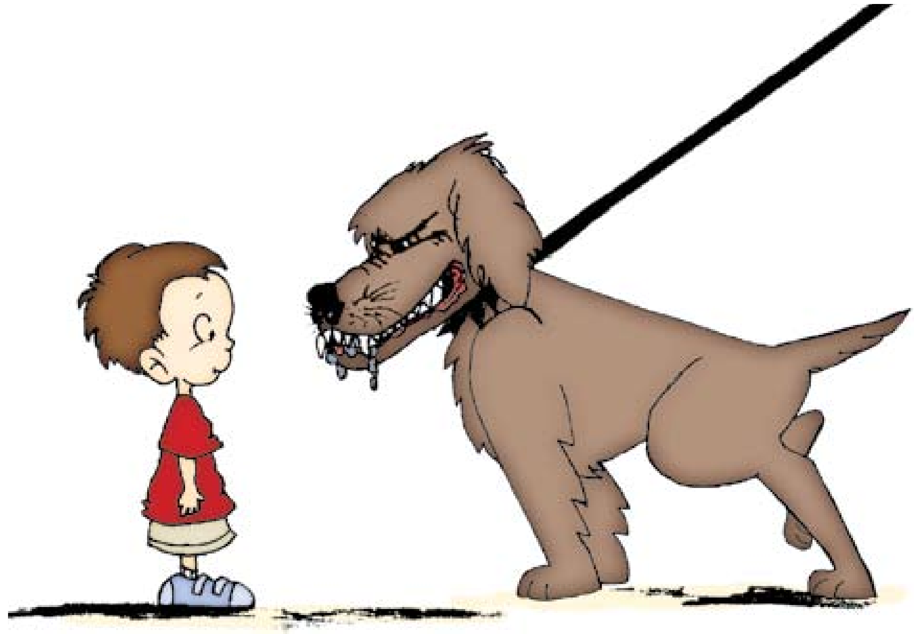
Pulling out handfuls of hair

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Behavioural Symptoms of Autism

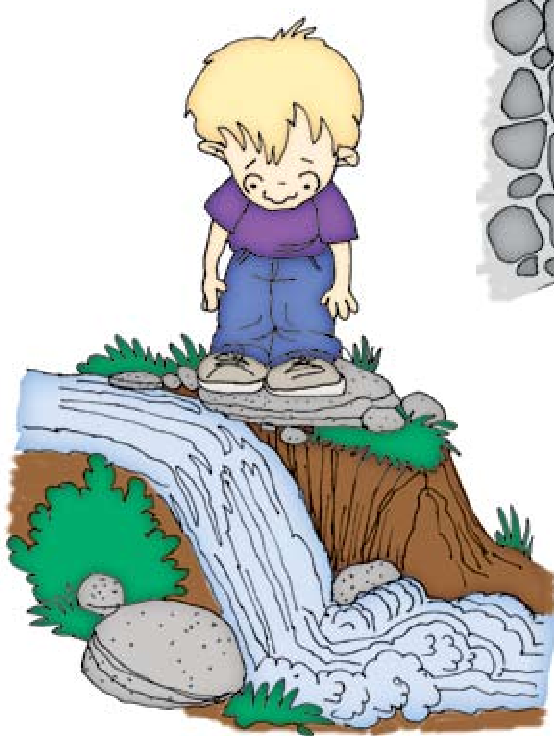
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SAFETY ISSUES



No sense of danger





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Behavioural Symptoms of Autism

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SAFETY ISSUES





Doesn’t recognize situations where he may get hurt



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Behavioural Symptoms of Autism

SAFETY ISSUES





No fear of heights



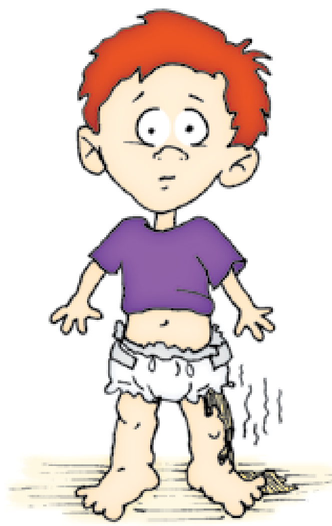
Gastro-Intestinal Disturbances

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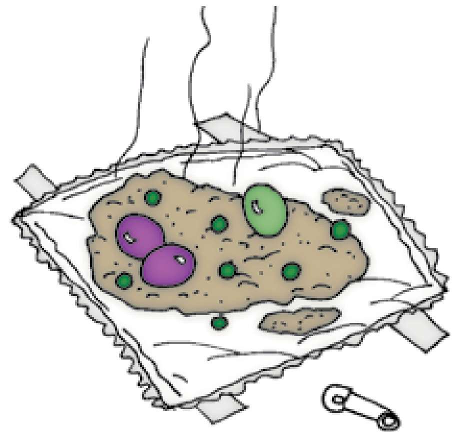
Dr. Tim Buie, a Gastroenterologist at Harvard University and Mass. General Hospital, Boston, has performed endoscopies in over 1000 children with autism. In the initial 400 children, he discovered that GI problems were much more prevalent in children with autism than in normal controls.

- 20% Esophagitis
- 12% Gastritis
- 10% Duodenitis
- 12% Colitis
- 55% Lactase Deficiency

Consider referral to GI where appropriate.



Diarrhea



Undigested food in stool



Severe self-limiting diet and/or food sensitivity



Constipation

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Sleep-Disturbances / Pain Responses / Seizures

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Sleep Disturbances

Children may go days without any apparent need to sleep. May not seem to notice difference between day and night. May have difficulty going to sleep and staying asleep. May only sleep brief periods of an hour or two maximum.

Consider the parent's sleep-deprived state as a consequence.





Seizures

Co-morbidity with seizures increasing with age.
Unknown etiology

Altered Pain Responses

Diminished / Absent Pain Responses
or
Heightened Pain Responses

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Impact of Autism on the Family



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With a child with autism, routine everyday activities may be impossible.

Stress on marriage and siblings can be tremendous. Referral to family/siblings counseling and local support groups may be appropriate.

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The Role of Early Educational Interventions

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Studies have shown that early intensive educational interventions result in improved outcomes for the child and family. Initial strategies may include teaching the child to notice what is going on in their environment, to be able to pay attention, to imitate behavior, and later progressing to communication skills, etc.



Refer the family to Early Intervention (EI) for evaluation if any developmental delay is suspected.
Depending on the child's needs, EI may include Speech, Occupational and/or Physical Therapy.

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Summary of Potential Referrals

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1. Developmental Specialist
2. Evaluation by Early Intervention
3. Hearing Evaluation
4. Speech Therapy
5. Physical Therapy
6. Occupational Therapy
7. Pediatric GI Specialist (if child has severe diarrhea / constipation / bloody stools / undigested food / frequent vomiting)
8. Neurologist (if seizures present)
9. Child Psychiatrist / Psychologist
10. Social Worker / Family Counseling
11. Local Parent Support Groups

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Optimizing Office Visits for Children with Autism

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As Physicians we are primarily trained to look for sickness.

Children with autism rarely look sick; they may look perfectly normal and have attained all their pediatric milestones.



Instead they may behave as though they are just lacking firm parental controls.

They are often very resistant to change: new situations, new experiences and new people.



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CONSIDER ADVANCE TELEPHONE-CONFERENCE WITH THE PARENT



Advantages include the ability to:

1. Obtain a clear history from the parent without the distraction of the child present.

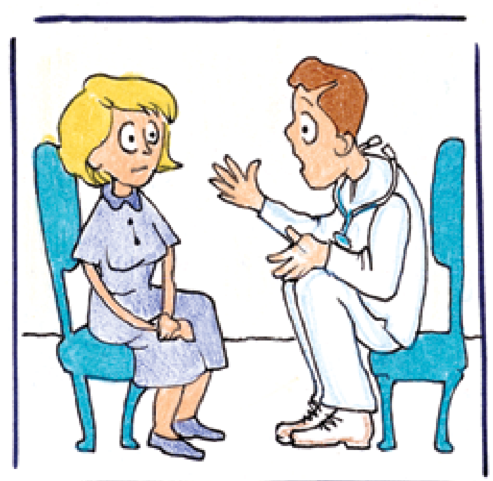
2. Ask the parent for their suggestions as to how the visit could be made easier.

3. Ask the parent to bring a motivator (bribe) for the child to assist with exam.

4. If you anticipate the need for blood draw, consider prescribing anesthetic cream so that the parent can apply it in advance of the visit.

5. Suggest the parent prepare the child by reading the medical social stories, "Going to see the Dr" and/or "Going to have blood drawn" by HANS helpautismnow.com

LISTEN TO THE PARENT



Parents are experts at "reading" their child.

Where possible treat any physical symptoms as you would a normal child, (without letting autism cloud your judgment).

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PREPARE THE EXAM ROOM

Nurse/ Medical Assistant can check in advance with the parent regarding room accommodations. These may include :



Quiet room

Room without a window

No Bright lights

No music

If necessary remove all objects that could potentially be used as missiles or weapons.

MINIMIZE WAITING TIME IF POSSIBLE

Consider:



Scheduling the child as the first appointment of the day, (ten minutes earlier will prevent the child from seeing other people when he arrives).

Potential Advantages:

Minimizes risk of:

1. Child "melt-down"
2. Disruption for other families in the Waiting Room
3. Embarrassment for the parent
4. Damage to the actual Waiting Room

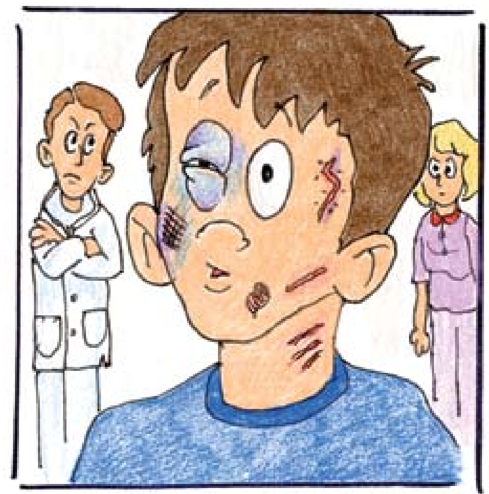
If possible register the child in advance by telephone.

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THINGS MAY NOT BE AS THEY SEEM



Despite the fact that these children may look neglected and/ or abused, consider the following;

Severe self-injurious behaviours: biting, head-banging, scratching, etc

Limited or no pain-sensation

No sense of danger or what will hurt them

Severe sensory issues making it virtually impossible to change their clothing or bathe them

EXPECT THE UNEXPECTED!

Be alert for your own safety

Some children with autism may not understand that you are there to help them, instead they may see you as a threat. They can be calm at one moment and erupt the next and may:



Head-butt

Bite

Kick

Spit

Punch

Pull hair

BOLT

Etc, Etc, Etc

Respect the child's personal space, (it may be much larger than usual)

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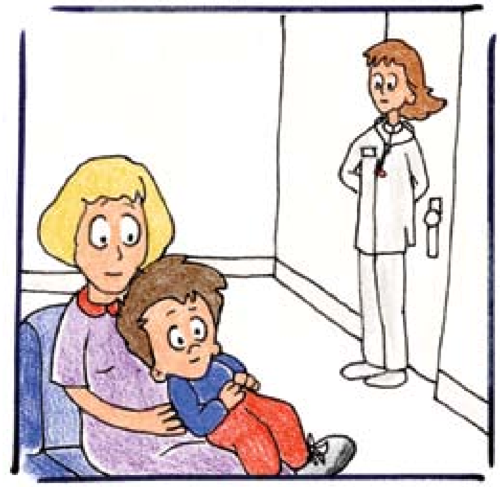
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LIMITED UNDERSTANDING AND SPEECH

Some children may be able to recite entire Disney videos, yet may be unable to tell you their name or if they hurt.

They may have difficulty processing auditory information.



CONSIDER THE IMPACT OF AUTISM ON THE ENTIRE FAMILY

Refer when appropriate, e.g.

Sibling Workshops

Family Support groups, etc

Respite services



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WEBSITES PARENTS MAY FIND HELPFUL

www.autismcanada.org

BRITISH COLUMBIA

Autism Community Training (ACT)
http://www.actbc.ca/
Information & support for families, training programs.

Autism Society British Columbia
http://www.autismbc.ca/
Information & support for families.

British Columbia Ministry of Education
www.bced.gov.bc.ca/specialed/#Autism
A government agency that enables participation of students with special needs in the educational system.

Central Okanagan Child Development Association (COCDA)
http://www.cocda.com
Early Intensive Behaviour Intervention for children under 6 using an ABA and Verbal Behaviour model.

Reach Child and Youth Development Society
http://www.reachdevelopment.org/
Offers family-centre programs and services for children and youth.

Families for Early Autism Treatment (FEAT) of British Columbia
http://www.featbc.org/
Education and information on early intervention treatments for autism.

Fraser Valley Child Development Centre
http://www.fvcdc.org/
Programs and services include direct therapy and support to children with special needs, family education and support and community development.



Integrative Health and Education
http://www.ihae.ca
Provide an array of health and education services for children and adults.

Ministry of Children and Family Development - Autism Initiatives Branch
www.mcf.gov.bc.ca/autism
Government agency. Provides three programs: early behavioural intervention, autism funding for under age 6 and autism funding for ages 6-18.

Nona Child Development Centre
http://www.nona-cdc.com/services.htm
Various services and support, including speech and music therapy, infant development, and respite.

ALBERTA

Ability Society
http://www.abilitysociety.org/
A community-based, non-profit agency providing a range of services including information requests, skill and needs assessments, assistive device recommendations and access to technology for those with special needs.

Alberta Adaptabilities Association
http://www.adaptabilities.ca/
Provides Edmonton and surrounding areas with programs and respite services for children with special needs, focusing on essential life skills, recreation and leisure opportunities, and exploration of the arts.

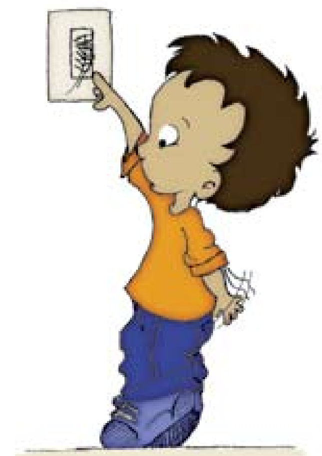
Alberta Association for Community Living
http://www.aacl.org/
Advocates for families to receive the support, access to inclusive education and participation in community life.

Autism Calgary Association
http://www.autismcalgary.com/
Parent support & information group; goals include diagnosis and treatment of children with ASD, inclusive education, integration into community, and research initiatives.

Autism Partnership
http://www.autismpartnership.com/
ABA, Children, Information & support for families.

Between Friends Club
http://www.betweenfriends.ab.ca/
Enables participants to experience a sense of belonging and an enhanced quality of life by providing quality social and recreational.

Cause and Effect
http://www.causeandeffectfoundation.com/
Early intervention service for children 2.5 years to age 6 providing coordinated therapy addressing specific needs; goals include promoting independence and integration into a regular classroom setting.



Families for Effective Autism Treatment of Alberta (FEAT/AB)
http://members.shaw.ca/feat.ab/FEAT.html
Provides support, information, education and guidance for parents, educators, and other professionals, who believe in the efficacy of Applied Behaviour Analysis/Functional Analysis intervention and ABA-based interventions.

Foothills Special Needs Association for Parents and Siblings (SNAPS)
http://www.foothillssnaps.com/
Provides information, education and support to parents and siblings of special needs children.

Government of Alberta
http://www.child.gov.ab.ca/home/591.cfm
Builds on children's strengths and abilities, recognizes families as partners in planning and decision making process of children's needs and helps family access information and coordinate services.

Hope for Healing Children
http://www.hopeforhealingchildren.org/
A group of Calgary parents dedicated to using alternative biomedical treatments for their children with ASD. This site is a forum for information and support.

In-home Support Services
http://www.inhomesupportservices.com/
Provides home care and support to individuals, their families, and caregivers in their own homes 24 hours a day.

Just 4U Family Services
www.just4ufamilyservices.com/index.html
Empowers parents and caregivers of special need children to participate in the organization of respite care through one on one and group outings.



Persons with Developmental Disabilities (PDD) Program
www.pdd.org/default.shtml
Part of the Ministry of Seniors and Community Supports. Develops, implements, and evaluates a provincial plan for the delivery of supports to adults with developmental disabilities in order to include them in community life. They also work with local agencies to provide services.

Society for Treatment of Autism (STA)
http://www.sta-ab.com/
Provides comprehensive treatment and educational services for children and adolescents between the ages of 2 and 18. They offer support, consultation and educational services for families and communities in Alberta.



SASKATCHEWAN

Autism Resource Centre
http://www.autismresourcecentre.com/
Services people with ASD and support their families.

Autism Services - Saskatoon Community Service Village
http://www.autismservices.ca/
Provides programs and services.

Government of Saskatchewan
http://www.health.gov.sk.ca/autism
Provides information, training sessions and strategic direction.

SASKFeat
http://www.saskfeat.com/
Supports research and education.

MANITOBA

Asperger Manitoba Inc.
http://www.asperger-manitoba.ca/
Encourages early diagnosis and spreads awareness and information of Asperger Syndrome.

Autism Portage
www.autismportage.ca/
For parents and professionals in the Portage la Prairie, Manitoba area with local resources and general information on ASD.

Autism Society Manitoba
http://www.autismmanitoba.com/
Provides information and support for families.

Community Respite Service
http://www.communityrespiteservice.ca/
Offers respite services for caregivers of and to children and adults with physical and intellectual challenges.

Manitoba Families for Effective Autism Treatment
http://www.mfeat.ca/
Supports research and education.

Manitoba Family Services and Housing: Children's Special Services
http://www.gov.mb.ca/fs/pwd/css.html
Provides information and programs, including therapy, behavioural services, applied behaviour analysis, summer programming, after school care and more.

SCE Lifeworks
http://www.lifeworks.mb.ca/homepage.html
Services include individualized, consumer directed planning (with parental input), supported employment, access and support to continuing education, recreation/ leisure activities, physiotherapy, speech therapy, and ongoing follow-up support services.



ONTARIO

ABACUS
http://www.abacuslist.ca/
Provides a listing of Autism ABA providers serving Ontario and information about ABA.

Asperger Society Ontario
www.aspergers.ca
Provides education, resources and support while enabling individuals with AS to realize their potential.

WEBSITES PARENTS MAY FIND HELPFUL

www.autismcanada.org



Autism Ontario
www.autismsociety.on.ca
Provides information, referrals, increases public awareness, supports research and advocates for programs and services for the autism community.

Geneva Centre for Autism
http://www.autism.net/
Delivers clinical intervention services and training, supports research and educates.

Kerry's Place
http://www.kerrysplace.org
Offers Community Outreach programs, which provide support and consultation to individuals with autism and their families.

Ministry of Children and Youth Services
http://www.children.gov.on.ca/
Ontario provides a range of services and supports to children and youth with autism.

Regional Autism Service Providers:

Central East Region - Kinark Child and Family Services
www.kinark.on.ca
Markham, ON

Central West Region - ErinoakKids Centre for Treatment and Development
www.erinoakkids.ca
Mississauga, ON

Eastern Region - Children's Hospital of Eastern Ontario
www.cheo.on.ca
Ottawa, ON

North East Region - Hands, The Family Help Network
www.thefamilyhelpnetwork.ca
North Bay, ON

Hamilton/Niagara Region - McMaster Children's Hospital, Hamilton Health Sciences
www.mcmasterchildrenshospital.ca
Hamilton, ON

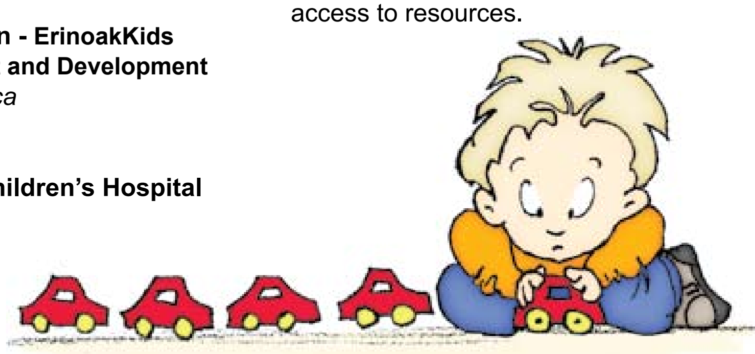
Northern Region - Child Care Resources
www.childcare.on.ca/default.aspx
Sudbury, ON

South East Region - Pathways for Children and Youth
www.pathwayschildrenyouth.org
Kingston, ON

South West Region - Thames Valley Children's Centre
www.tvcc.on.ca/
London, ON

Toronto Region - Surrey Place Centre
www.surreyplace.on.ca/
Toronto, ON

Peel Children's Centre
http://www.peelcc.org/services
Provides families with guidance and access to resources.



QUEBEC

Association du Québec pour l'intégration sociale
http://www.aqis-iqdi.qc.ca
French site.

Brilliant Beginnings Inc.
www.brilliant-beginnings.org
Provides ABA Therapy, Speech Therapy, Social Skills Groups, Daycare and Preschool Shadows Home and Treatment Centre Based in West Island and Laval.

Fédération québécoise de l'autisme et des autres troubles envahissants du développement (FQATED)
www.autisme.qc.ca
French site. Provincial federation with a network of regional organizations providing services across Quebec. Source of information on training and education in Quebec.

Federation québécoise des centre de réadaptation en déficience intellectuelle et en troubles envahissants du développement
http://www.fqcrdi.qc.ca/
French site. Provincial federation of public health and social service net work establishments providing support and services for people with intellectual disabilities.

L'Envol Stimulation Center
http://www.lenvol.ca/content/english.aspx
Non-profit organization; offers support services for children aged 0-12 with communication disorders in Victoriaville.

Miriam Foundation
www.miriamfoundation.ca/
A bilingual private centre with a mission to develop training, research & diagnosis and evaluation programs to support persons with Autism Spectrum Disorders (ASD).

Office des personnes handicapées du Québec (OPHQ)
www.ophq.gouv.qc.ca
French site.

Pro-Autism
www.pro-autism.com
Provides educational activities and RDI consultations. Includes home visits, training programs, and ongoing consultation.

Réseau national d'expertise en troubles envahissants du développement (Network of expertise)
http://www.msss.gouv.qc.ca/sujets/groupes/rneted/index.php?accueil
French site. Promotes communication and idea exchange through its members, professionals and other persons in Quebec with expertise in the field.

Services de répit Emergo Autisme T.E.D.
http://www.servicesderepitemergo.com/
Offers respite services to families living with autistic people, provides stimulating outdoor environment adapted special needs, and encourages to maintain and develop their capabilities.



Société de l'Autisme Région Lanaudière
www.autisme-lanaudiere.org
French site. Provides referrals, training, and information.

Trait d'Union Outaouais Inc. (TUOI)
www.traitdunionoutaouais.com
French site. Provides information, training, support services and social integration for individuals, their families and the community.

NEW BRUNSWICK

Autism Society of New Brunswick
http://www.autismnb.org/
Promote public awareness, understanding and acceptance of persons diagnosed ASD, while providing families with support.



Autism Resouce Centre (ARC)
http://www.monctonarc.com/
Provides available and accessible social support, self-help, public education, and a broad array of resources for persons with autism and their families. Includes a lending library for information, books, toys, and other educational resources.

Autism Resources Miramichi Inc.
www.autismmiramichi.com
Resource Centre serving all individuals, families and professionals affected by Autism. Facilitates professional intervention and involvement in the context of a supportive and inviting environment.

Government of New Brunswick
http://www.gnb.ca/
Provides intervention services to pre-school age children with Autism Spectrum Disorder. (Note: Select "child care" as the keyword, then select the program "Services for Preschool Children with Autism Spectrum Disorder".)

M.O.R.E. Services
http://www.moreservices.ca/
Assists and supports individuals with intellectual disabilities. Includes training in daily living, activities, job readiness training and supported employment.

New Brunswick Association for Community Living (NBACL)
http://www.nbacl.nb.ca/
Supports families, provides training and education, does research, provides inclusive recreation and leisure opportunities.

Upper Valley Autism Resource Centre
www.uvarc.com
Provides family support, library and resources, workshops and conferences to individuals affected by ASD.

NOVA SCOTIA

Alexander Society
http://www.alexandersociety.org/home.html
Provides arts-based education programs to children and teens with special needs. Includes after- and in-school programs.

Autism Society Nova Scotia
http://www.autismsocietynovascotia.ca/
Provides information and support for families. Includes support groups, raising awareness, and bringing together families in similar situations.

Early Intervention
http://www.earlyintervention.net/
Provides family centred services to families of children with special needs (newborn - 6y) in their own homes.

Government of Nova Scotia: Community Care
http://www.gov.ns.ca/coms/
Provides support for children and families, services, assistance with housing and repairs and more.

IWK Health Centre
www.iwk.nshealth.ca
Diagnostic and other assessment services, consultation and some intervention services.

Provincial Autism Centre (PAC)
http://www.autismcentre.ns.ca
Professionally run non-profit Resource Centre, providing services and access to information about ASD to individuals, parents and professionals across the province.



WEBSITES PARENTS MAY FIND HELPFUL

www.autismcanada.org

PRINCE EDWARD ISLAND

Autism Society P.E.I.
http://www.autismsociety.pe.ca/
Provides information and support, raises public awareness and supports research.

The Government of Prince Edward Island: Autism Early Intervention Program
http://www.gov.pe.ca/infopei/index.php3?number=20680
Provides information and services, up to 20 hours per week of behaviourally based intervention.

Stars for Life Foundation
http://www.starsforlife.com/
Providing continued education for young people with ASD that will equip them with life and job skills.



NEWFOUNLAND/LABRADOR

Autism Society of Newfoundland and Labrador
http://www.autism.nf.net
Promotes timely diagnosis, intervention treatments, public awareness and re search. Provides support and information.

The Government of Newfoundland and Labrador Health and Community Services: Autism Pilot Project
http://www.health.gov.nl.ca/health/divisions/pgmpolicy/default.htm#autism
Two year early intervention treatment for preschool children, including intensive ABA program.

Learning Disabilities Association of Newfoundland & Labrador
www.nald.ca/ldanl/
Provides information and programs for a range of learning disabilities.

Newfoundland and Labrador Association for Community Living
http://www.nlacl.ca/
Provides support to individuals and families, facilitates research, training and planning and gathers/distributes information.

YUKON

Autism Yukon
www.autismyukon.org
A detailed handbook to Yukon services is available on their website home page.

Government of Yukon, Health and Social Services
http://www.hss.gov.yk.ca/
Services to Children with Disabilities.

Learning Disabilities Association of Yukon
www.nald.ca/litweb/province/yt/lday/index.htm

NUNAVUT/NORTHWEST TERRITORIES

The Government of Nunavut
http://www.gov.nu.ca/health/
Information and services.

NATIONAL - GOVERNMENT

Canadian Council on Social Development
http://www.ccsd.ca/drip/
Provides centralized access to information about disability research.

Human Resources and Social Development Canada
www.sdc.gc.ca/en/gateways/nav/top_nav/program/odi.shtml
Bilingual site; working to remove barriers and to improve the social and economic inclusion of Canadians with disabilities.

Persons with Disabilities Online
http://www.pwd-online.ca/pwdhome.jsp?lang=en
Bilingual site, access to services and information for persons with disabilities, caregivers and all Canadians.

Public Health Agency of Canada
http://www.canadian-health-network.ca/
Bilingual site; Federal Government.

OTHER NATIONAL ORGANIZATIONS

Autism Awareness Centre
http://www.autismawarenesscentre.com/
Canadian site offering workshops, books and resources, news and information.

Autism Canada Foundation
www.autismcanada.org
Offers support, referrals, information and direction - special focus on biomedical interventions. Expands awareness, influences government policies and supports research.

Autism Society Canada
http://www.autismsocietycanada.ca/
ASC is a federation of Canada-wide provincial and territorial autism societies that offer education, information and referral and support.

L'Arche Canada
http://www.larche.ca/en/
Bilingual site; Montreal-based organization with community homes across the country.

Roeher Institute
http://www.roeher.ca/english/about/about.htm
Leading research and development organization; generates knowledge, information and skills to secure the inclusion, citizenship, rights and equality of people with intellectual and other disabilities.

Special Olympics Canada
http://www.specialolympics.ca/
Special Olympics Canada is dedicated to enriching the lives of Canadians with an intellectual disability through sport.



WEBSITES PARENTS MAY FIND HELPFUL: INTERNATIONAL WEBSITES



American Academy of Pediatrics

www.aap.org/healthtopics/autism.cfm

Autism-specific news and resources.

Autism Info

www.autisminfo.com

Extensive list of “A to Z” autism resources: daily updates, studies, and news articles.

Autism Research Center, Cambridge University, England

www.autismresearchcenter.com

Mission of ARC is to understand the biomedical causes of autism spectrum conditions, and develop new and validated methods for assessment and intervention.

Autism Research Institute

www.autism.com

Online resources including a database covering more than two decades of responses freom over 25,000 parents on behavioural interventions. Articles available in Spanish, French, Italian, Russian and Portuguese.



Autism Research Unit, University of Sunderland, UK

http://osiris.sunderland.ac.uk/autism/aru.htm

Provides a basis for research into the cause of autism and an accessible store of traditional and current research on autism. Produces a booklet guide for parents/clinicians with current research and treatment suggestions.

Autism Resources

www.autism-resources.com

Extensive book list and international re sources link. Translates into 16 languages: Arabic, Chinese, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

Autism Society of America

www.autism-society.org

A leading voice and resource of the autism community in education, advocacy, services, research, and support.

Autism Speaks

www.autismspeaks.org

Raises public awareness about autism and its effects on individuals, families, and society, and to giving hope to all who deal with the hardships of the disorder.

Autism Today

www.autismtoday.com

Creative, interactive, one-stop shop to navigate the maze of autism-related information. Over 2,500 pages, is the largest autism resource online and resource distributor in the world.



CDC Autism Information Center

www.cdc.gov/ncbddd/autism/index.htm

Screening/diagnosis, treatment/therapy, resources, news,research, state and congressional activities, educational materials.

Children’s Disabilities Information

www.childrensdisabilities.info

General disability information with autism-specific resources, including books, articles, links, etc.



First Signs

www.firstsigns.org

Resource for parents and professionals regarding normal/typical development milestones. Useful baseline information for parents to discuss with physician if they have developmental concerns about their child.

Help Autism Now Society

www.helpautismnow.com

Physician resources include user-friendly, objective materials to enable physicians to more quickly recognize and screen for autism. A handbook with over 100 illustrations depicting “the behavioural symptoms” of autism and a 4-minute tutorial video of CHAT screening tool.

WEBSITES PARENTS MAY FIND HELPFUL: INTERNATIONAL WEBSITES

LADDERS
www.ladders.org
Learning and Developmental Disabilities Evaluation and Rehabilitation Services at Mass. General Hospital for Children, Boston MA. Interdisciplinary program designed to provide services in the evaluation/treatment of children and adults with autism, pervasive developmental disorder and related disorders.



MedLinePlus
www.nlm.nih.gov/medlineplus/autism.html
Links to news; diagnosis/symptoms, treatment, research, organizations.

National Autistic Society, UK
www.nas.org.uk/
Telephone hotline, free parent-to-parent telephone service, support, schools, news, and events.

National Institute of Health (NIH) Autism Website
www.nichd.nih.gov/autism/
Most current information about NICHD research projects, publications, news releases, and other activities related to autism. Publications available in Spanish.

National Institute of Mental Health (NIMH)
www.nimh.nih.gov/healthinformation/autismmenu.cfm
Signs/symptoms, treatment, fact sheet, news, links to research.

Pubmed
www.ncbi.nim.nih.gov/pubmed
Free, immediate internet access to the most up-to-date and previously published medical studies from numerous international medical journals. Can be accessed by subject, author, or title of study. Abstracts often available electronically at no charge.

Schafer Autism Report
www.sarnet.org
Online newsletter of all major news sources, websites, and latest research for important and practical new developments regarding autism. Studies often available for viewing in advance of publication. Subscription free.

Action for Autism
www.autism-india.org/worldorgs.html
Worldwide links to autism organizations, resources in almost 100 different countries.

Autism Resources
www.autism-resources.com/links/non-english.html
Extensive book list and international resource links. Available in Arabic, Chinese, Danish, Dutch, Finnish, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

Future Horizons
www.autismpespanol.com
Extensive resource for publishing and books relating to the autism spectrum; books and tapes available online. Website in Spanish.

National Dissemination Center for Children with Disabilities (NICHCY)
www.nichcy.org/pubs/factshe/fs1txt.htm
Autism facts, resources, organizations. Available in Spanish.





MAGAZINES

The Autism Advocate
www.autism-society.org/autismadvocate
A quarterly magazine that offers a diverse collection of the latest issues in autism.

The Autism Asperger's Digest
www.futurehorizons-autism.com
Features articles and material from around the world; covers the latest people, products, research, news and viewpoints emerging in the autism field. Full-length excerpts from ground-breaking new books on autism, original articles from top specialists, etc.

The Autism File
www.autismfile.com
A quarterly magazine dealing with all aspects of autism.

The Autism Perspective (TAP)
www.theautismperspective.org
Provides balanced information on the myriad of therapies and treatments for the vast and complicated realm of autism.

The Autism Spectrum Quarterly
www.ASQuarterly.com
A megajournal, combining the readability and interest of high-level magazine with the substance and depth of a professional journal. Features research and commentary aimed at helping parents, teachers, and clinicians translate research into practice.

Spectrum
www.spectrum publications.com
For parents of children with autism and developmental disabilities. Wide variety of topics, including educational, research and biomedical. Contains autism-specific